

March 2021 Updates:

Dear Volunteer,

Good news for those who enjoy the longer days and warmer weather! Daylight Savings Time begins on March 14th followed by the first day of spring on March 20th. I'm sure you can tell that I'm getting excited!

RSVP is happy to announce that we will offer a recognition event this month! You can find the details below. I hope you will make plans to join us!

Below you will find updates and volunteer opportunities.

RSVP UPDATES

PPE Available at RSVP!

PPE kits are now available for all volunteers. The kit includes three face masks, three pairs of latex gloves, and five cleaning wipes. You may request two kits. Please call to reserve your kit today!

RSVP Recognition Event

A contactless drive-thru will be held on **Monday, March 29th from 2-4 pm** at the RSVP office. RSVP staff will be present during this time to place recognition gifts in the back seat or trunk of your vehicle. **The Center for Disease Control and Prevention (CDC) recommends wearing cloth face coverings, even those made from household items or common materials in public settings.**

Due to the fact that we were unable to host an event in 2020, we are offering t-shirts and tumblers with the new AmeriCorps Seniors logo to all volunteers. T-shirts are available in unisex sizes S-3XL. Please see the sizing chart below for more information.

To ensure that you receive the correct t-shirt size, please contact the RSVP office at rsvp@montgomerycountyva.gov or call 382-5775 to reserve your size and let us know that you will attend. A reservation is not required to attend. Though, we cannot guarantee that we will have your size on hand at the event.

The inclement weather date for the Recognition Drive-Thru is Wednesday, March 31 from 2-4 pm.

We hope to see you there!



Features

Specs & Sizing

Companions

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Product Specifications ?

	S	M	L	XL	2XL	3XL
BODY LENGTH	28	29	30	31	32	33
BODY WIDTH	18	20	22	24	26	28
FULL BODY LENGTH	28	29	30	31	32	33
SLEEVE LENGTH	15.62	17	18.5	20	21.5	22.87



Valentines for Veterans

This year, nine RSVP volunteers and other community members participated in our Valentines for Veterans program by crafting valentines for the VA Medical Center and Virginia Veterans Care Center in Salem. A total of 1,256 cards were handmade or handwritten by Annette Calhoun, Deborah Lovelace, Glenda Caldwell, Mendel Hess, Lynda Kinzey, Erma Jones, Rosemary Jones, Dottie Williams, Fran Hart, members of Chi Delta Alpha at Virginia Tech, and the Litke Family of Christiansburg.

RSVP Advisory Council

The Council will meet by way of Zoom on Thursday, March 11 at 11:30 am. An agenda and minutes from the January meeting will be emailed or mailed to members.

AmeriCorps Seniors Week – March 7-13

Help us promote the great work of our RSVP program on your social media platforms! If you would like to share a post during this week about volunteering, please use the following hashtag. #AmeriCorpsSeniorsWorks!

Overseas Coupon Program

When delivering manufacturers coupons to RSVP, please make sure that the expiration date is **March 2021**. Due to COVID-19 restrictions, we are asking you to be mindful of the expiration date so that our military families have time to use the coupons by the time they are shipped overseas. If you have questions, please contact me at hayesaw@montgomerycountyva.gov. **We are happy to announce that manufacturer's coupons valued at \$23,563 were mailed to our adopted bases in February!**

RSVP Texting Program

When the RSVP Activity Room reopens, we plan to establish a Texting Program for volunteers who prefer to receive a text message over an email message or phone call. If you sign up, you will receive a text message to participate in mailings and other activities that take place at the RSVP office. If you are interested in joining this program, please email rsvp@montgomerycountyva.gov or call 382-5775.

Volunteer Hour Sheets

Please continue to send all volunteer hours you may have. You can submit them by mail, email or by visiting <https://forms.montva.com/Forms/RSVP-hours>. If you use this link, your volunteer time will be emailed to RSVP staff. Please let me know if you would like an electronic copy of the hour sheet.

RSVP Office Procedures

We continue to offer face-to-face meetings for official business with RSVP staff by appointment only. Please call the RSVP office at 382-5775 to schedule an appointment. **Appointments are necessary as RSVP staff are unable to greet volunteers while attending virtual meetings.** Hand sanitizer and face masks are available. Volunteers are asked to practice physical distancing, sanitize their hands, and wear a mask when entering the Human Services division/RSVP office.

Please continue to use the black box (labeled Human Services Drop Box) at the entrance of our building to drop off volunteer hour sheets and coupons. If your item will not fit inside the box, please call the office in advance and a staff member will offer contactless pickup.

VOLUNTEER OPPORTUNITIES

American Red Cross

The Red Cross needs volunteers to help at blood drives in Montgomery County. Temperature screens are required at all blood drives. They are moving to temperature kiosks that automatically screen temperatures. Personal PPE's are required and social distancing is strictly enforced. They also advocate hand sanitizer and bleach wipes to keep things clean!! For more information about how to sign up for a blood drive, contact Betty Whittaker at betty.whittaker@redcross.org.

Job Description:

Are you a friendly, well-organized and enthusiastic person who can represent the Red Cross to our blood donors?

Volunteer blood donor ambassadors ensure that blood donors have a pleasant and fulfilling experience, from the moment they arrive to the moment they leave. During a blood drive, whether you're greeting donors, answering questions or thanking them for their donation, your courtesy and professionalism will create a favorable impression that encourages donor support.

You'll need to meet these important qualifications:

- Communicate in a professional manner with diverse populations
- Read, write, hear and speak English in a legible and understandable manner
- Demonstrate excellent customer service and comfort working with people
- Follow COVID-19 protocols and mitigation measures
- Manage the reception process by ensuring each donor is warmly greeted and assisted with initial intake according to the appointment priority system
- Manage the hospitality experience by offering refreshments to donors, thanking them for their contribution, and alerting staff immediately if a donor shows signs of feeling unwell
- Exhibit five key courtesies; respect, communication, compassion, collaboration, competence

To complete your application please go to www.redcross.org/volunteertoday. For questions contact Betty Whittaker at betty.whittaker@redcross.org.

Need for Volunteers

Our need for volunteers is urgent and continues to evolve with the Coronavirus health crisis. Opportunities include supporting blood donations and virtual volunteer positions you can do from home.

www.redcross.org

Safety First! Our need for volunteers is constant and continues to evolve as we navigate this Coronavirus health crisis. If you are interested in serving to meet essential service needs in the public, review the CDC guidance for people who are at higher risk for severe illness, consult your healthcare provider, and follow local guidance. The number one priority of the American Red Cross is the health and safety of our employees, volunteers, blood donors and recipients, and clients.

Operation Paperback

Thank you to everyone that participated in February! This is a reminder that we have a black tote at the entrance of our office labeled **Book Drop Box**. Please use this box to drop off your gently-used paperback books. You are not required to make an appointment to deliver books. **Don't forget that we plan to mail our first shipment this month! A progress report will be posted in our April Update.**

Operation Paperback is not accepting romance novels or religious materials.

We are pleased to continue this new partnership with Warm Hearth Village to show America's military community that we appreciate their service!

Volunteer Information:


Update from the New River Health District about COVID Vaccine Pre-Registration

The new centralized registration system has been activated!

- Virginia Residents and workers can now sign up (pre-register) to get a COVID-19 vaccine through the new Statewide Vaccine Pre-registration System. You can sign up online 24/7 through the new website at vaccinate.virginia.gov or by phone 8am-8pm, 7 days a week by calling the 1-877-VAX-IN-VA (1-877-829-4682).
- TTY service is available to assist people who are deaf, hard of hearing, or speech impaired by calling Virginia Relay at 7-1-1.
- People age 75 & older will be placed in an express lane to speak to a live agent when calling 1-877-829-4682.
- If you pre-registered with the New River Health District previously, or were registered by your employer previously, there is no need for you to pre-register again--you have been automatically moved over to the new centralized list.
- Residents can confirm they're still pre-registered anytime by "Checking the List" at vaccinate.virginia.gov.
- After you pre-register you will be given a reference code and contacted when it's your turn to schedule vaccination. Regular confirmation updates via email or text will also be sent to assure residents that you are still on this list and will be contacted when it's your turn.
- Businesses should still use the NRVRoadtoWellness.com site to register their employees.
- The new centralized COVID Information Center will not be perfect overnight. Based on observations of other state roll-outs, we anticipate wait times will be higher initially, but will begin to stabilize within 1-2 weeks as we continue analyzing Information Center data to drive operational improvements.
- Please remember, vaccine supply is limited and each individual's turn for vaccination will be based on individual eligibility and prioritization category, per CDC guidelines.

Shred-A-Thon

Help prevent identity theft, shred unwanted documents, protect identifying information and clean out clutter! The Christiansburg Recreation Center will be holding a Shred-A-Thon on **April 20, 2021 from 3-6 p.m.** Please bring your documents in a box or plastic tote (no larger than 22.5x18x11.5") and respect the limit of three totes/boxes per vehicle. Items that cannot be shredded include: metal, three-ring binders, composition notebooks, hanging file folders, paint brushes, padlocks, hardback books, keys, eyeglasses, bungee cords, etc. Please note that the Shred-a-Thon is a drive-thru event; please do not get out of your car and approach the collection site, but rather stay in the line of vehicles for



OPERATION PAPERBACK
Recycled Reading For Our Military



What is Operation Paperback?
Operation Paperback is a national, nonprofit organization that coordinates volunteers to collect gently-used paperback books. Since 1999, Operation Paperback volunteers have shipped over 2.9 million books.

We are pleased to announce the collaborative effort of Warm Hearth Village and RSVP of Montgomery County & City of Radford and to bring this program to the New River Valley. Both of our organizations will have a collection site for donated paperback books. Donated books will then be shipped to American troops, veterans and military families in countries all over the world.

Our past and present service men, women and their families have made sacrifices for our country. When you donate your gently-used books to Operation Paperback it sends the message to America's military community that we appreciate their service and sacrifice.

What Can You Do?
Bring your book donations to one of our dropbox locations, beginning January 1, 2021:
RSVP Office | 210 Pepper Street S, Christiansburg
Warm Hearth Village, Village Center | 2387 Warm Hearth Drive, Blacksburg

www.operationpaperback.org

an event coordinator to approach you. No walk ups will be allowed. For more information, contact Tammy Caldwell at (540) 382-2349 ext. 2003 or tcaldwell@christiansburg.org.

The graphic features a festive design with gold stars, circles, and a string of lights. The text "Nrv CARES" is prominently displayed, with a red heart replacing the letter 'v'. Below it, "21st Annual Gala and Auction" is written in a blue script font. Further down, the text "This FREE VIRTUAL event is open to the public. Invite your friends and join us! Bidding opens March 11th at Noon Program airing online March 13th at 7:30 pm Visit our event site to register www.nrvcares.givesmart.com Children are the ❤️ of our community." is presented in a mix of bold sans-serif and script fonts, with the website URL in a larger, bold font.

Nrv CARES
21st Annual
Gala and Auction
This FREE VIRTUAL event is open to the public.
Invite your friends and join us!
Bidding opens March 11th at Noon
Program airing online March 13th at 7:30 pm
Visit our event site to register
www.nrvcares.givesmart.com
Children are the ❤️ of our community.

AARP Foundation Tax-Aide

Parks and Recreation - News



Tax appointments will be made every 15 minutes on Monday (1 - 4 p.m.), Tuesday (1 - 4 p.m.), Thursday (1 - 4 p.m.) and Saturday (9 - 12 p.m.). You must be on time for your appointment, if you are over 5 minutes late you will need to reschedule your appointment. This year will require you to drop off your tax documents at your scheduled appointment time. You will enter through the main entrance of the recreation center; you must wear a mask while you are in the building. You will take your tax information, along with the information packet you received back to the senior activities room where an AARP volunteer will scan your information into a secure AARP scanner. Once your information is scanned, you will exit through door #3. The tax volunteers will give you another appointment date and time to come back to pick up your taxes and sign for them.

Please read over the packet thoroughly. You **MUST** fill out ALL forms in the packet prior to your appointment. If you do not have them filled out completely when you drop your tax information off, you will have to make another appointment.

Packets are available at the Christiansburg Recreation Center, can be downloaded at the link below, or can be emailed to you prior to your appointment.

If you have any questions regarding the preparation of your taxes, please call (540) 315-4829. If no one answers, please leave a message and someone will call you back.

Along with your tax information and the information packet, you will need to bring a voided check or account information (for direct deposit), your driver's license, social security card and last year's tax information. If you are filing jointly, one person can drop off the information (along with both drivers' licenses and social security cards and last year's taxes) but both parties will need to be present to pick up taxes and sign the completed forms.

If you have any questions about appointment times or rescheduling your appointment, please call (540) 382-2349.

[Tax Packet](#) and [Tax Intake Forms](#) (Please bring all of this information, completely filled out to your appointment).

Update from New River Community Action VITA Program

Offering Modified Tax Services in 2021

New River Community Action (NRCA) is offering a free tax preparation service to qualifying families (households with incomes of \$57,000 or less) in a "Virtual" VITA format for 2021. They are also offering access to three free, online tax software programs through special arrangements with the IRS.

Virtual VITA, a term developed by the IRS, refers to tax services that involve no personal interaction between clients and tax preparers, offering a safe alternative to traditional tax preparation models. VITA programs are given flexibility by the IRS to develop Virtual models that are compatible with local community needs. NRCA's proposed Virtual VITA program will require tax filers to:

Contact the program to request intake forms either by calling 540 382 6187 or by e-mailing vita@nrcaa.org.

Complete and return intake forms and copies of required tax documentation via e-mail, US Postal Service, or drop box.

Step by step checklists and detailed instructions will be included as part of the intake paperwork filers receive.

Unlike previous years, taxpayers will not have the option to make appointments for assistance, nor will they be interacting with VITA program staff for scheduled tax drop-off services. Additionally, drop-off tax services will not be available with the Commissioners of Revenue in Pulaski and Montgomery counties, and the City of Radford as they will not be participating this year. Filers are encouraged to contact those offices directly for information on the state tax services they are offering constituents.

The IRS will not begin accepting tax returns for processing until February 12, 2021 (a few weeks later than normal) so it is anticipated that NRCA's model of Virtual services will go into effect in early February. NRCA's VITA website will be updated with specific details once final approval is received by the IRS (note that the current web page does not contain updated information). Tax preparers are encouraged to visit NRCA's VITA webpage for specific details on how to receive assistance at the end of the first week in February (February 5).

Taxpayers planning to take advantage of this year's Virtual service need to be aware when examining tax preparation options that this format requires additional steps that will result in a longer timeframe for having taxes completed and filed.

Please call 540-382-6187 or email vita@nrcaa.org for more information.



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Condolences:

- To family and friends of Judy Sewell, former volunteer
- To family and friends of Danie Janov, former volunteer

March Birthdays:



01 Mick Gregory
01 Jane Okeeffe
05 Esther Brann
05 Debbie McClintock
06 Kathy Mills
11 Joan Grayson
16 Lou Reynolds
18 Joann Kinder

19 Kay Dunlap
19 Frank Soriano
20 Regina Howard
22 Jim Webster
22 Claude Wimmer
24 James Wilson
25 Joan Moore
25 Claudia Pugh

26 Lorraine Hodge
29 Joanne Jackson
29 Marilyn Rio
31 Thomas Patton

Please stay safe as you continue to do great work in our community!

In service,

Mandy Hayes, RSVP Coordinator